



Zebra Hoofbeats

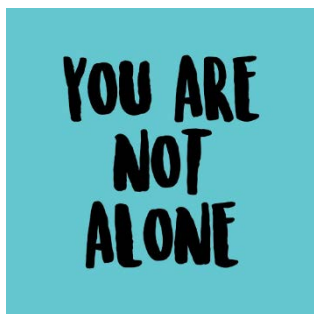
Happy September, everyone! While it may not be pumpkin-spiced weather yet, we can definitely get excited for the upcoming change in season and look forward to the cooling temperatures. This comes as a shock, but we are actually nearing the end of the year. There definitely have been some impactful events over the last nine months. With everything that is going on, we encourage you all to register to vote and participate in the presidential election in November. Our voices and votes matter, so please see the information on registering to vote in Ohio (deadline is Oct 5) at the end of this newsletter.



Congratulations to the PA Class of 2020!

While it was two weeks later than anticipated, the Class of 2020 of the PA Program at CWRU officially held their graduation via Zoom on August 30.

The team at Zebra Hoofbeats would like to express their happiness for these unbelievable PAs who persisted throughout the COVID pandemic and even contributed to the aid by making masks, babysitting for healthcare providers, delivering groceries, and much more. We wish you all the best in your future endeavors. There is always a home for you here at CWRU. Good luck!



National Suicide Prevention Month

September is National Suicide Prevention Month, in which advocates, survivors, allies, and prevention organizations come together to promote suicide prevention awareness.

National Suicide Prevention Lifeline encourages all of us to **#BeThe1To** Ask, Be There, Keep Them Safe, Help Them Stay Connected, and Follow Up. This [article](#) outlines 5 steps to help communicate with someone who shows signs of suicidal ideation.

COVID-19 has impacted our lives in many ways. Although we are physically distanced, **we are not alone**---please reach out to someone if you need help.

If you or someone you know is thinking about suicide, call the National Suicide Hotline at 1-800-273-TALK (8255).



National Sexual Health Awareness Month

World Sexual Health day occurs each year on September 4th and marks September as sexual health awareness month.

This year's theme is "Sexual Pleasure in Times of COVID-19." With changes in social

interactions due to health concerns, we are facing different issues involving sexual health. This can include intimate partner violence, online sexual predators, indeterminate COVID transmission via sex, and many more.

The [American Sexual Health Association](#) has a ton of resources that are accessible on their website for more information. Please check it out!



National Hispanic Heritage Month - Sept 15-Oct 15

Since 1988, Hispanic Heritage Month has been an opportunity to celebrate the cultures, stories, and contributions of Hispanic people who have made the United States their home. Hispanic people include those whose ancestors originated from Spanish-speaking countries including Spain, Mexico, the Caribbean, Central America, and South America.

To us, this month has been an opportunity for our Hispanic peers to come together and celebrate our cultures and identities as a community. We



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celebrate our language, foods, clothing, traditions, and histories. We connect on our similarities and celebrate our differences, acknowledging the melding of our cultures into the Hispanic American identity in the U.S.

This year, we must uplift our Afro-Latino siblings, who are too often not included in these celebrations, but have made just as much of an impact on our culture and history.

We invite you to consider how Hispanic culture has influenced your lives and celebrate the Hispanic leaders that have changed our world from Rep. Alexandria Ocasio-Cortez to Dr. Ellen Ochoa, the first Hispanic woman to go to space.



From Maria's Kitchen

There are so many recipes that remind me of home including [tostones](#), [Cuban sandwiches](#) (dubbed "Medianoche"), Cuban-style [Picadillo](#), and (my favorite) [Colombian arepas](#).

Check out recipes for each of these in the links! Tostones are a perfect appetizer or side dish. If you make arepas (which I highly recommend) use lots of cheese, butter the pan, and add a fried egg on top (Colombian style).

You can also make them a little thicker and slice them open like a pita bread to stuff with meats and veggies (Venezuelan style). Enjoy!



911 Remembrance

On September 11, 2001, four planes were hijacked and used to attack the World Trade Centers in New York City and the Pentagon in Washington, DC. The fourth plane crashed in a field in Pennsylvania.

2,977 people lost their lives in the attacks, and many more were injured or suffered health complications from the smoke, debris, and trauma.

Many of us are old enough to remember that day. Whether you remember being pulled out of school by your parents, watching the news in your classrooms or homes, feeling panicked or scared, or calling loved ones in affected cities, 9/11 changed our world.

9/11 remembrance honors the lives lost in this attack as well as the Feb 26, 1993 bombing of the World Trade Center, in which 6 people lost their lives. For more information on the Commemoration please see the [9/11 Memorial & Museum Website](#).



Rosh Hashanah - Sept 18 and Yom Kippur - Sept 27

Rosh Hashanah, or the Day of Judgement, is the start of Jewish New Year; it then leads to the Ten Days of Repentance (Aseret Yemei Teshuvah), also known as the Days of Awe (Yamim Noraim), and finally ends on Yom Kippur, the Day of Atonement.

This is a holiday celebrated by the Jewish community. Rosh Hashanah symbolizes the day that God opens the Books of Life and Death, which are then sealed on Yom Kippur.

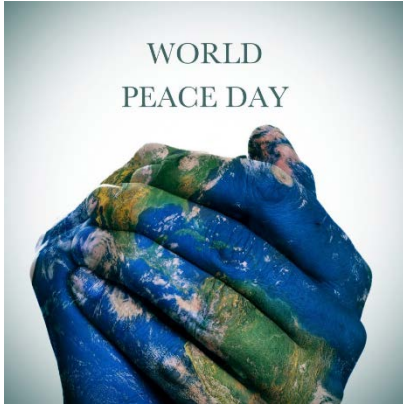
Challah is eaten for Rosh Hashanah; it is round, symbolizing the eternal cycle of life. The challah and apples are traditionally dipped in honey, symbolizing the hopes for a sweet New Year.

On the other hand, Yom Kippur is devoted to communal repentance for sins committed over the course of the previous year. Fasting is the most common practice on Yom Kippur but other examples include: refraining from washing, sexual relations, and the wearing of leather (a sign of luxury in earlier times).

If you'd like to wish somebody a happy Jewish New Year, you can say "L'Shanah Tovah," which is Hebrew for "A Good Year."



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International Peace Day/World Peace Day - Sept 21

World Peace Day was established in 1981 by unanimous United Nations resolution. It is a globally shared day for all humanity to commit to “Peace above all differences and to contribute to building a Culture of Peace.”

The theme for this year’s holiday is “Shaping Peace Together.” In particular, this year shall focus on spreading compassion, kindness and hope during the COVID-19 pandemic. Let us stand together with the UN against attempts to use the virus to promote discrimination or hatred.

Registering to Vote

Text code: VOTE CWRU to 34444

[School-specific URL](#)

Paper voter registration and absentee ballot forms are also available at the Sim Center

[Check Your Voter Registration in Ohio](#)

[Independent Non-partisan Ratings of NEO Judicial Candidates](#)

Important Dates

October 5th: Voter registration deadline

October 6th: Early In-Person and Vote by Mail (Absentee) Voting Begin

Absentee voter deadlines

Oct 27th: Application by mail
Nov 2nd: Application in person
Nov 2nd: Submission by mail
Nov 3rd: Submission in person
November 3rd: National Election

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